

Commissioners

Jaclyn Lichter
President

Leila Aridi Afas
Vanessa Atterbear

Jennifer Cryor Baldwin

Chandra Holloway

Wilma K. Homes

Resa Levy

Ivonne C. Lindley

Leticia Mederos

Larniece McKoy Moore

Manar S. Morales

Regina L. Oldak

Sanjay Rai

Jocelyn F. Samuels

Jane Smith

Staff

Executive Director's
Office

Judith Vaughan-Prather
Executive Director

Ruby Marcelo
Paula S. Rodgers

Counseling & Career
Center

Elma Rambo
Program Manager

Janet Akman
Fran Berger
Victoria Carballo

Louise Hanson

Janice Herold

Nancie Kenney

Susan Koenig

Clotilde Puertolas

Message from the President

Over the last 37 years, some amazing Montgomery County women have led the Commission for Women. For me, it is an honor to have been elected President and an even greater honor to join the list of the women who came before me. I look forward to working with the other 14 Commissioners to continue the outstanding work the Commission has accomplished over the years.

In July, we held our annual planning meeting and welcomed new Commissioner Leticia Mederos while we said good-bye to Commissioner Tedi Osias after six years of service on the Commission. At the meeting, we determined the Commission's priorities for the upcoming fiscal year. It is always difficult to decide between the many issues confronting women in Montgomery County but this year we selected two on which to focus our energy and resources.

Last year, the Mothers and Poverty (MAP) committee published a report about the issues facing low income single mothers in Montgomery County and made policy recommendations to address some of those issues. The Commission decided to continue the work of the MAP committee by focusing on the policy recommendations from the report and working to put them in action. This year's committee will be the Mothers and Poverty Policy Agenda (MAPPA) Committee which, with leadership from Commissioner Jane Smith will create the Commission's 2010 Legislative Agenda.

Our second priority will be hosting the 40th Anniversary Conference of the National Association of Commissions for Women (NACW) – *Growing America's Opportunities for Women and Girls*. The conference will be held July 22 - July 25, 2010 in Rockville, Maryland. This is a very exciting opportunity for our commission and it will be an important source of training, strategy development and inspiration for the community representatives who will travel here from all across the U.S. The conference will offer workshops on issues such as women in the workforce, health care reform, immigrant women, women and poverty, effective advocacy, and much more. The entire Commission is dedicated to work on the Conference Agenda Planning Committee, with leadership by Leila Aridi Afas and sub-committees ranging from fundraising to workshop development.

With your help, we will have a successful year helping improve the lives of women in Montgomery County and we will help strengthen Commissions for Women all across the nation. As always, we welcome suggestions and ideas from agencies, community members, and advocacy groups within the county and around the state. I look forward to working with you this year.

Sincerely,

Jaclyn Lichter
President

INSIDE THIS ISSUE

New Commissioners.....	page 2
Commissioners In the News.....	page 2
Domestic Violence Awareness Month.....	page 3
Anniversary of the Violence Against Women Act.....	page 4
Ovarian Cancer Awareness Month.....	page 5
Women Accessing Health Care in Montgomery County.....	page 6
Calendar of Events.....	page 9

County Health Officials Urge Residents to Get Seasonal Flu Vaccination

Excerpt from : Montgomery County Flu Website: www.montgomerycountymd.gov/h1n1flu

Montgomery County Health officials urge residents to get their annual seasonal flu vaccination. Vaccination is the best way to protect against illness during flu season. Seasonal flu is a separate virus that will also be circulating in the fall and can cause serious illness.

In addition to flu vaccinations at retail locations throughout the community, Montgomery County Health and Human Services will conduct seasonal flu vaccination clinics:

November 5, 2009
8:30 a.m. – 12 noon
Germantown Recreational Center
18905 Kingsview Road
Germantown, MD
240-777-3380

November 12, 2009
4:00 p.m. - 7:00 p.m.
University of Maryland Shady Grove
9630 Gudelsky Drive, Building II
Rockville, MD

The cost for the flu vaccination is \$20 per person. Vaccines for children are free. Individuals with Medicare should bring their Medicare card. A parent or legal guardian must accompany children under the age of 18.

Community Seasonal Flu Vaccination Resources

www.adventisthealthcare.com/health/calendar
www.medstarhealthvna.org
www.walgreens.com

www.findaflushot.com
www.minuteclinic.com
www.washingtontravelclinic.com

For more information, Montgomery County's flu hotline -- 240-777-4200-- is open Monday through Friday from 9 a.m. to 5 p.m.

New Commissioner Leticia Mederos

The County Executive Isiah Leggett has appointed Leticia Mederos and reappointed Leila Aridi Afas, Jaclyn R. Lichter, Manar S. Morales, and Vanessa A. Atterbeary. Each commissioner serves a 3-year term.

Newly appointed Commissioner Mederos is the Legislative Director for U.S. Congresswoman Rosa DeLauro, for whom she has worked since 2002. Ms. Mederos has contributed to legislative efforts on behalf of women including the Paycheck Fairness Act and the Lilly Ledbetter Fair Pay Act. A graduate of Florida International University, she holds a

masters degree in Women's History from Rutgers University. Prior to her work on Capitol Hill, she was employed as a case manager in the Linkages to Learning Program at Gaithersburg Middle School. A resident of Dickerson, Ms. Mederos immigrated to the U.S. from Cuba as a child and has lived in Montgomery County since 1996.

Commissioners in the News

Vanessa Atterbeary

Commissioner Atterbeary is the new Corporate Counsel for KRA Corporation, a professional and technical services firm, based in Silver Spring which offers a wide array of services primarily in the Workforce Development and Public Health industries. She previously worked as an Assistant Attorney General for the District of Columbia in the General Litigation Division handling employment civil rights and general litigation matters.

Jaclyn Lichter

Commissioner Lichter is the new Legislative Director at the Maryland Department of Labor, Licensing and Regulation, DLLR. This department supervises employment training, job match services, unemployment

insurance, and many of the State's licensing and regulatory boards. She previously worked as the Political Director for the Service Employees International Union, Local 500.

Sanjay Rai

Commissioner Rai was recently appointed Interim Vice President and Provost of Montgomery College Germantown Campus. Previously, Dr. Rai was the instructional dean of science, engineering, and mathematics at Montgomery College Rockville Campus. Dr. Rai coauthored with Dr. Terrance J. Quinn a newly-released mathematics book for college students and college teachers in science, technology, and mathematical sciences (STEM) entitled, *Pathways to Real Analysis*.

In recognition of Domestic Violence Awareness Month

Choose Respect Montgomery

For Students in Grades 7-12 And Their Parents

Workshops for students will be available on topics related to healthy teen dating behaviors, recognizing abuse in dating relationships and misuse of technology.

Parents are welcome to participate in separate workshop sessions offered in English and Spanish regarding teen dating relationships.

To register, go to: www.chooserespectmontgomery.eventbrite.com

Saturday, November 14, 2009

9:30 am - 3:30 pm

Rockville Campus Montgomery College Theatre Arts Building



For more information call
240 777-5573 or go to
www.montgomerycountymd.gov

Sponsored by the Domestic
Violence Coordinating Council
of Montgomery County in
collaboration with many
other county agencies
and organizations.



Opening act features a

**City at
Peace DC**
Performance!

Free Lunch!

Raffles!

Respect: Give it! Get it!

Justice Department Commemorates Fifteen Years of the Violence Against Women Act

Source: www.usdoj.gov

The Department of Justice today commemorated the 15th anniversary of the Violence Against Women Act (VAWA), signed into law on September 13, 1994. This critical legislation was created in recognition of the severity of the crimes associated with domestic violence, sexual assault and stalking. The anniversary also marks 15 years since the creation of the Department's Office on Violence Against Women (OVW), which administers financial and technical assistance to communities around the country to facilitate the creation of programs, policies and practices aimed at ending domestic and dating violence, sexual assault and stalking.

"We've made tremendous progress since the Violence Against Women Act first passed in 1994, but we have much more to do. We cannot rest. It will take all of us to fulfill the promise to end domestic violence and sexual assault," said Vice President Joe Biden, the author of the landmark Violence Against Women Act.

"The Violence Against Women Act forever changed the way this nation meets our responsibility to survivors of domestic violence and sexual assault. It has been an essential building block in the Justice Department's work to end violence against women," said Attorney General Eric Holder. "It is only in working together that we can make a difference and save lives, and the Justice Department will continue to take every possible step to enforce laws protecting victims of violence and to provide resources to aid victim service providers."

"Without a doubt, VAWA would never have happened without the steadfast commitment and work of the countless advocates, coalitions and community partners who

worked tirelessly for federal legislation to mark the importance of the issue and provide vital resources," said Catherine Pierce, Acting Director of OVW. "In the past 15 years, countless lives have been saved, the voices of survivors have been heard, families have been protected, and the criminal justice community has been trained on the complex responses to domestic violence, sexual assault, dating violence and stalking."

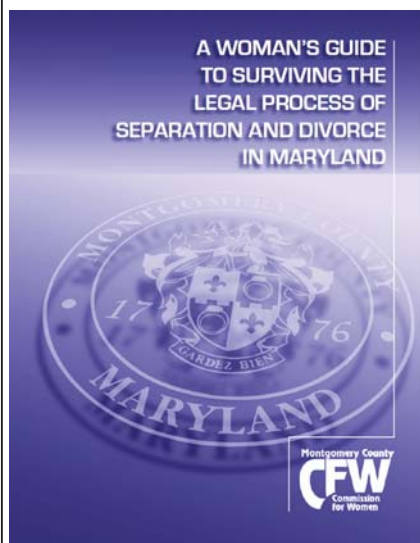
The anniversary marks the start of a year-long effort to raise public awareness on issues around violence against women, to reinforce and build coalitions among federal, state, local and tribal law enforcement and victim services communities, and to reinforce the goal of ending domestic and dating violence, sexual assault and stalking for men, women and children across the country.

In recognition of the severity of the crimes associated with gender-motivated violence, Congress passed VAWA as part of the Violent Crime Control and Law Enforcement Act of 1994. VAWA is comprehensive legislation designed to end violence against women through criminal penalties, federal grant programs, and research and was reauthorized in 2000 and 2005. Since the passage of VAWA, there has been a paradigm shift in how the issue of violence against women is addressed in communities throughout the nation.

OVW was created specifically to implement VAWA and subsequent legislation. Currently, OVW administers two formula grant programs and 17 discretionary grant programs, all of which were established under VAWA and subsequent legislation. The office has also maintained a 15-year partnership with state, local and tribal governments, coalitions, law enforcement, prosecutors, judges and court personnel, victim advocates, health care providers and national organizations.

Every day, VAWA funding makes a difference in how communities across America help victims and hold offenders accountable. For example, subgrantees receiving funding awarded by states through OVW's STOP Violence Against Women Formula Grant Program reported that, in calendar year 2007:

More than 505,000 victims were served;
Over 1,201,000 services were provided to victims;
More than 4,700 individuals were arrested for violations of protection orders.



A Woman's Guide to Surviving the Legal Process of Separation & Divorce in Maryland

Walk-in purchase \$5
Mail-order purchase \$8

For more information call
240-777-8300

Ovarian Cancer Awareness Month

Sources: www.womenshealth.gov and www.ovariancancer.jhmi.edu

September was National Ovarian Cancer Awareness Month. Early detection is currently the most critical and best tool in our fight against ovarian cancer. Education and awareness are clearly two key components to achieving the goal of empowering women about their health.

Researchers at Johns Hopkins University report that 1 in 57 women will be diagnosed with ovarian cancer during 2009. Cancer is the second leading cause of death among women. Ovarian cancer ranks fourth among cancer-related deaths in women, according to the American Cancer Society. Additionally, in 2009 the American Cancer Society projects that 21,500 women will be newly diagnosed with ovarian cancer and over 14,600 women will die from the disease this year alone. While this type of cancer is very treatable when caught early, the vast majority of cases are not diagnosed until too late. This fact leads to the statistic that only 24% of ovarian cancer is caught early.

What is Ovarian Cancer?

Cancer is a disease in which certain body cells do not function as they should, divide very fast, and produce too much tissue that forms a tumor. Ovarian cancer is cancer in the ovaries, the female reproductive organs located in the pelvis. The ovaries make female hormones and store eggs that, if fertilized by sperm, can develop into a baby. Women have two ovaries, one on each side of the uterus. Tumors found in the ovaries may be non-cancerous tissue growths (cysts) or cancerous growths that may spread to other parts of the body.

Why is Ovarian Cancer Hard to Diagnose?

- There is no reliable screening test for the early detection of ovarian cancer, like the Pap smear for cervical cancer.
- Symptoms are often vague and easily confused with other diseases.

What are the Symptoms of Ovarian Cancer

- Abdominal pressure, bloating, or discomfort
- Nausea, indigestion, or gas
- Urinary frequency, constipation, or diarrhea
- Abnormal bleeding
- Unusual fatigue
- Unexplained weight loss or gain
- Shortness of breath

Take action if any symptoms last more than 2-3 weeks. Consult a healthcare professional if any symptoms persist and they are unusual for you. Experts recommend a pelvic/rectal exam, a transvaginal ultrasound and a CA125 test. Pap smears test only for cervical cancer. If ovarian cancer is suspected ask to see a gynecological oncologist.

Ovarian Cancer Websites and Resources

American Cancer Society 1-800-ACS-2345 (1-800-227-2345) www.cancer.org	Office of Women's Health 1-800-994-WOMAN (1-800-994-9662) TDD: 1-888-220-5446 www.4woman.gov
National Cancer Institute Cancer Information Service 1- 800-422-6237 www.cis.nci.nih.gov	Gynecologic Cancer Foundation 1-800-444-4441 www.wcn.org/gcf
National Ovarian Cancer Coalition 1-888-OVARIAN (1-888-682-7426) www.ovarian.org	Ovarian Cancer National Alliance 1-866-399-6262 www.ovariancancer.org

Women Accessing Health in Montgomery County

Source: Montgomery County Department of Health and Human Services. www.montgomerycountymd.gov/hhs

Montgomery County's Health and Human Services Department operates several health programs that focus on the unique health needs of women. To receive services, contact the Health and Human Service's Service Eligibility Units (SEU). SEUs serve as the point of entry/application for federal, state and county health programs. SEUs are located throughout the county. Contact one of the following centers for more information:

Germantown SEU, 240-777-3591

Piccard Drive SEU, 240-777-3120

Silver Spring SEU, 240-777-3066

Listed below are some of the women's programs offered through the County's health department. For more information contact the Department of Health and Human Services general line: 240-777-1245.

Program Name	Program Details	Phone Number
Community Health Nursing Case Management Program, Maternal & Child	On-site and in home Community Health Nurse Case Management services to pregnant women and children up to age two. The case management services include education, assessment and referral, and assistance to clients in accessing health, economic and self-sufficiency services and programs.	Germantown Health Center, 240-777-3380; Silver Spring Health Center, 240-777-3160
Family Planning Program (Reproductive Health)	Reproductive health care/GYN consultation services for low income/ uninsured teens and women of childbearing age. Services include: physical examinations; pelvic examinations; breast examinations; pap smears; testing for pregnancy; birth control methods; routine GYN lab work for sexually transmitted diseases as well as HIV counseling and testing; and basic medication for sexually transmitted diseases and other GYN conditions or infections. Eligibility Requirements: Sliding scale based on income. Anyone at or below 250% Federal Poverty Level.	Teen and Young Adult Health Connection (TAYA) 301-565-0914 Silver Spring Health Center Planned Parenthood of Metro Washington 301-208-1300
Perinatal Hepatitis B Prevention Program	This program provides prevention of Hepatitis B in newborns through early identification of Hepatitis B virus infection in prenatal women. Eligibility Requirements: Prenatal females, ages 12-50, who are County residents with Hepatitis B infection confirmed by lab report. Children of Hepatitis B infected mothers are also eligible for the program. Walk-in and referrals accepted. Lab report required. Delivery Site: Dennis Avenue Health Center, 2000 Dennis Ave., Silver Spring, MD, 20902	240-777-1755
Pregnancy Testing	Pregnancy testing and counseling is offered at Germantown and Silver Spring Health Centers.	Germantown Health Center, 240-777-3380; Silver Spring Health Center, 240-777-3160
Women's Cancer Control Program	Provides yearly breast and cervical cancer screening and follow-up for low income, uninsured/underinsured female residents of Montgomery County. Limited nursing case management services, as well as assistance linking to other community and state resources as appropriate, are available. Screening services are provided at various contracted physician and radiology facility sites throughout the County.	240-777-1750

Counseling and Career Center

Upcoming Workshops

Effective Job Hunting After 50

New!

Friday, November 6, 2009
(1 session)

8:30AM - 3:30PM
FEE: \$50

When you are over 50 and transitioning to a new job or career, finding employment requires exploring new and different job hunting strategies and techniques.

If you have lost your job, are looking to change jobs or want to improve your work situation, this workshop will help you create a strategy and action plan to find meaningful work. In this workshop, you will:

- identify and discuss your concerns about looking for work
- briefly explore your talents and current interest to identify potential satisfying jobs
- outline a plan for your successful job search
- discuss tips for the 50+ resume and interviewing
- share resources for all aspects of the job hunting process

Presented by Anne Hull, M.Ed.

How to Market Yourself During An Interview

Friday, November 13, 2009
(1 session)

2:00PM - 4:00PM
FEE: \$20

Job interviewing can be a nerve-wrecking experience. It is important to know all the rules of interviewing so that you can get the position you are looking for.

This workshop will discuss the process of preparing for a winning interview: what to say, how to rehearse, perform and follow-up.

Come and learn tips and strategies that will help you to ensure that your next job interview will be successful.

Presented by Elena Chiru, M.Ed.

Forgiveness: A Choice For Freedom

Tuesday, November 17, 2009
(1 session)

6:30PM - 8:30PM
FEE: \$20 per person

The process of forgiveness is different for everyone and different for each situation. Choosing to forgive can have a profound effect on your life. Putting past grievances and emotional wounds behind you can free you to move on to a brighter future.

In this workshop, you will learn about forgiveness and steps to take to forgive yourself and others.

BOTH INDIVIDUALS & COUPLES ARE ENCOURAGED TO ATTEND.

Presented by Marian Horton, MSW, LGSW, and Clyde Horton Personal Coach

Financial Planning at Mid-Life and Beyond

New!

Wednesday, November 18, 2009
(1 session)

6:30PM - 8:30PM
FEE: \$20

At mid-life and later, you still have time to recover from prior financial mistakes and missed opportunities.

This workshop will cover sound financial strategies to help you become economically secure.

Presented by Jamie S. Lapin, CFP, CDFA

Mediation Seminar: Divorce With Dignity

Wednesday, November, 18 2009
(1 session)

7:00PM - 8:45PM
FEE: \$20

A marital break-up can be one of life's most difficult experiences.

Mediation offers an effective and humane way to negotiate the difficulties of separation and divorces with a minimum of tension, conflict, and damage to a family's emotions and finances.

This workshop explains:

- how mediation works
- what topics are covered
- how to choose a mediator
- what to expect in terms of cost and time

Presented by John Spiegel, J.D., Family Mediator

High Impact Resumes

Thursday, November 19, 2009
(1 session)

10:00AM - Noon
FEE: \$20

Learn how to write a resume which will best suit your skills and experience. Resume formats, electronic resumes and letters, cover letters, and references will be discussed.

Presented by Rachel L. Manchester, M.S.

Attitude Matters

Thursday, November 19, 2009
(1 session)

10:00AM - Noon
FEE: \$20

Did you know that one of the aspects that successful and healthy people have in common is a positive attitude? Your attitude can define much in your life. In this workshop, we will teach you how to adjust your attitude so that you can overcome negativity and reach for greater success in every area of your life.

Presented by Eliane herdani, M.S., LCPC

Divorce, Money, and You

Friday, November, 20 2009
(1 session)

10:00AM - Noon
FEE: \$20

Divorce can be a difficult and painful process. There are ways to lessen the stress of starting out anew.

Come and learn why divorcing couples need to carefully consider the financial outcomes of divorce and how both partners can obtain equitable financial settlements.

Presented by Jamie S. Lapin, CFP, CDFA

ONLINE REGISTRATION & PAYMENT AVAILABLE FOR ALL WORKSHOPS!!

For the full calendar of workshops and seminars offered please visit us:

www.montgomerycountymd.gov/cfw

Montgomery County Commission for Women
401 N. Washington Street, Suite 100
Rockville, Maryland 20850-1703

www.montgomerycountymd.gov/cfw

PRSR STD
U.S. Postage
PAID
Rockville MD
Permit No. 138



Call us at 240-777-8300 or visit our website to learn more about our Counseling & Career Center, workshops, programs and other services.

SAVE THE DATE: Sunday, January 31, 2010

Women's Legislative Briefing



2010 Women's Legislative Briefing

KEYNOTE SPEAKER:

Lilly Ledbetter, Pay Equity Advocate

TIME: 12:30 P.M. - 5:00 P.M.

LOCATION: University of Maryland, Shady Grove Campus, Bldg II
9630 Gudelsky Drive, Rockville, Maryland

The Women's Legislative Briefing will conclude with a reception providing guests the opportunity to meet with County and State elected officials, and to network with advocates and representatives of other women's organizations.

GENERAL ADMISSIONS \$10

ONLINE REGISTRATION IS REQUIRED. REGISTRATION OPENS NOVEMBER 2009.

For more information, please contact the Montgomery County Commission for Women at 240-777-8330.

www.montgomerycountymd.gov/cfw